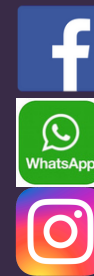


# What's on guide

**Free**

Weekly groups run BY people who are in recovery from substance use FOR people who are in recovery and their families

16+



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Eyemouth  
Recovery Café  
Parish Church  
Victoria Road  
11-1pm

Peebles  
Recovery Café  
St Andrews  
Leckie Church  
Hall  
2-4pm

Music Group  
TD1 Youth Hub  
Ladhope Vale  
Galashiels  
11-1pm

Muay Thai  
Fitness Group  
Toby's Gym,  
Botany Mill,  
Roxburgh  
Street,  
Galashiels  
4-5pm

Hawick  
Evergreen  
Hall, Dovecote  
street  
SMART  
2.15-3.15pm  
Recovery Café  
3.30-5.30pm

Follow us on social media  
for updates e.g. trips to national  
recovery events, Lived  
Experience Forum, Mindfulness  
Based Recovery sessions,  
Creative Workshops & our  
Recovery Training course!

Jedburgh  
Recovery Café  
Kenmore Hall  
Oxnam Road  
11-1pm

Galashiels  
Focus Centre  
SMART  
3-4.30pm  
Recovery Café  
5-7pm

www.bordersinrecovery.org

**SATURDAYS @ Focus Centre, Galashiels  
Breakfast Club (child friendly) 10-12noon**

Supported by:



we are  
withyou

